

**CHINMAYA VIDYALAYA**  
**CLASS VII**  
**SYLLABUS BREAKUP (2020-21)**

**SUBJECT - ENGLISH**

APRIL	Honeycomb: L-1 Three Questions Writing Skills: Notice Writing Grammar: Integrated Grammar Exercises Based on BBC
MAY	Honeycomb: Poem- The Rebel Supplementary Reader: L- 1 The Tiny Teacher Writing Skills: Diary Entry Grammar: Integrated Grammar Exercises Based on BBC
JULY	Honeycomb: L-3 Gopal And The Hilsa Fish Supplementary Reader: L- 2 Bringing Up Kari Writing Skills: Letter Writing (Informal) Grammar: Integrated grammar exercises based on BBC
AUGUST	Honeycomb: Poem - Chivvy Writing Skills:- Letter Writing (Formal) Grammar:- Active- Passive Voice Integrated grammar exercises based on BBC
SEPT	Supplementary Reader: L- 5 Golu Grows A Nose Grammar: Active- Passive Voice (contd) Integrated grammar exercises based on BBC
OCT	Honeycomb: L-8 Fire, Friend and Foe Supplementary Reader: L- 8 The Bear Story Writing Skills: Dialogue Writing Grammar: Integrated grammar exercises based on BBC
NOV	Honeycomb: L 7 – The Invention of Vita Wonk

	Supplementary Reader: L- 9 A Tiger in the House Grammar-: Types of Sentences Integrated grammar exercises based on BBC
DEC	Honeycomb: Poetry- Dad and The Cat and The Tree Writing Skills: Factual Description (People and Place) Grammar-: Integrated grammar exercises based on BBC
JAN	Honeycomb: L 2- A Gift of Chappals Supplementary Reader: L 10 An Alien Hand
FEB	Revision Grammar: Integrated grammar exercises based on BBC

## **SUBJECT - HINDI**

अप्रैल	वसंत- पाठ-1 हम पंछी उन्मुक्त गगन के, पाठ-4 कठपुतली		व्याकरण-पाठ-1 भाषा और व्याकरण अपठित गद्यांश
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मई	वसंत- पाठ-2 दादी माँ		व्याकरण- पाठ-2 वर्ण-विचार अनुच्छेद-लेखन
जुलाई	वसंत- पाठ- पाठ-3 हिमालय की बेटियाँ	महाभारत सार- आदि पर्व	व्याकरण- पाठ-2 वर्ण-विचार, पाठ-3 संधि (दीर्घ, गुण संधि), पाठ-5 शब्द-भंडार (आंशिक भाग), पत्र- औपचारिक, पाठ-15 मुहावरें और लोकोक्तियाँ
अगस्त	वसंत- पाठ-10 अपूर्व अनुभव पाठ-11 रहीम के दोहे	महाभारत सार- सभा पर्व	व्याकरण- पाठ-4 शब्द-विचार, पाठ-6 शब्द-रचना (उपसर्ग- प्रत्यय), पाठ-5 शब्द-भंडार (आंशिक भाग), पत्र- अनौपचारिक, अपठित काव्यांश

सितंबर	<p>वसंत—पाठ—13 एक तिनका (कविता)</p> <p>पाठ—14 खानपान की बदलती तसवीर</p>	<p>महाभारत सार— वन पर्व</p>	<p>व्याकरण— पाठ—7 संज्ञा तथा संज्ञा के विकार (लिंग,वचन),</p> <p>पाठ—5 शब्द—भंडार (आंशिक भाग),</p> <p>चित्र वर्णन,</p> <p>पाठ—15 मुहावरें और लोकोक्तियाँ</p>
अक्टूबर	<p>वसंत— पाठ—11</p> <p>जो देखकर भी नहीं देखते,</p>	<p>महाभारत सार— विराट पर्व</p>	<p>व्याकरण— पाठ—7 संज्ञा तथा संज्ञा के विकार (कारक),</p> <p>पाठ—8 सर्वनाम,</p> <p>पाठ—5 शब्द—भंडार (आंशिक भाग),</p> <p>अपठित गद्यांश</p>
नवंबर	<p>वसंत— पाठ—12 संसार पुस्तक है</p> <p>पाठ—13 एक तिनका (कविता)</p>	<p>महाभारत सार — उद्योग पर्व</p>	<p>व्याकरण— पाठ—9 विशेषण,</p> <p>पाठ—10 क्रिया तथा काल,</p> <p>पाठ—5 शब्द—भंडार (आंशिक भाग),</p> <p>अपठित काव्यांश</p>

दिसंबर	वसंत— पाठ—14 खानपान की बदलती तसवीर	महाभारत सार— भीष्म पर्व, द्रोण पर्व	व्याकरण— पाठ—12 अविकारी शब्द, पाठ—5 शब्द—भंडार (आंशिक भाग), अनुच्छेद लेखन, पाठ—15 मुहावरें और लोकोक्तियाँ
जनवरी	वसंत—पाठ—15 नीलकंठ पाठ—16 भोर और बरखा	महाभारत सार— सौप्तिक पर्व	व्याकरण— पाठ—14 अशुद्धि—शोधन, पाठ—5 शब्द—भंडार (आंशिक भाग), पत्र— औपचारिक, पाठ—15 मुहावरें और लोकोक्तियाँ
फरवरी	वसंत—पाठ—17 वीर कुँवर सिंह	महाभारत सार— शांति पर्व	व्याकरण— पाठ—14 विराम चिह्न, पाठ—5 शब्द—भंडार (आंशिक भाग), पत्र—

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## **SUBJECT-MATHS**

<b>APRIL</b>	<b>CH 1 INTEGERS</b>
<b>MAY</b>	<b>CH 2 FRACTIONS AND DECIMALS(continued)</b>
	<b>CH 5 LINES AND ANGLES</b>
<b>JULY</b>	<b>CH 5 LINES AND ANGLES(continued)</b>
	<b>CH 9 RATIONAL NUMBERS</b>
<b>AUGUST</b>	<b>CH 11 PERIMETER AND AREA</b>
	<b>CH 12 ALGEBRAIC EXPRESSIONS</b>
<b>SEPTEMBER</b>	<b>CH 12 ALGEBRAIC EXPRESSIONS( continued)</b>
	<b>CH 4 SIMPLE EQUATIONS</b>
<b>OCTOBER</b>	<b>CH 4 SIMPLE EQUATIONS (continued)</b>
	<b>CH 6 THE TRIANGLES AND ITS PROPERTIES</b>
<b>NOVEMBER</b>	<b>CH 6 THE TRIANGLES AND ITS</b>
	<b>PROPERTIES(continued)CH 8 COMPARING QUANTITIES</b>
<b>DECEMBER</b>	<b>CH 7 CONGRUENCE OF TRIANGLES</b>
	<b>CH 10 PRACTICAL GEOMETRY</b>
<b>JANUARY</b>	<b>CH 10 PRACTICAL GEOMETRY(continued)</b>
	<b>CH 15 VISUALISING SOLID SHAPES</b>
<b>FEBRUARY</b>	<b>REVISION</b>

## **SUBJECT-SOCIAL SCIENCE**

<b>Months</b>	<b>History</b>	<b>Social and Political Life</b>	<b>Geography</b>
April	Ch-1 Tracing Changes Through A Thousand Years.	Ch-1 On Equality -- According to Constitution and your views.	Ch-1 Environment
May	Ch-3 The Delhi Sultans (Only Page 41)	Ch- 4 Growing Up As Boys and Girls	Ch-3 Our Changing Earth (Endogenic Forces)
July		Ch-6 Understanding Media (Introduction)	Ch-4 Air (Composition and Layers of the Atmosphere)
August	Ch-4 The Mughal Empire	Ch-7 Markets Around Us	
September	Ch-5 Rulers and Buildings – (Activity)		
October	Ch-6 Towns, Traders And Craftspersons <b>Map and Tribal painting</b>		Ch-6 Natural Vegetation and Wildlife
November	Ch-8 Devotional Paths To The Devine (Sufis, Kabir and Guru Nanak, Bhakti movement)		Ch-7 Human Environment: Settlement, Transport and Communication
December	Ch-9The Making of Regional Cultures (Kathak, Paintings Styles)	Ch-8 A Shirt In The Market (Putting Out System and Direct Market)	
January	Revision for all chapters	Revision for all chapters	Ch-9 Life in the Deserts (Climate Of Deserts)
February	Revision for all chapters	Revision for all chapters	Revision for all chapters

## **SUBJECT - SCIENCE**

<b>APRIL</b>	<b>Ch-2 Nutrition in Animals</b>
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<b>MAY</b>	<b>Ch-4 Heat</b>
<b>JULY</b>	<b>Ch-5 Acids, Bases and Salts</b> <b>Ch-13 Motion and Time</b>
<b>AUGUST</b>	<b>Ch-10 Respiration in Organisms</b>
<b>SEPTEMBER</b>	<b>Ch-6 Physical and Chemical Changes</b>
<b>OCTOBER</b>	<b>Ch- 14 Electric Current and its effects.</b>
<b>NOVEMBER</b>	<b>Ch-12 Reproduction in Plants.</b> <b>Ch-15 Light</b>
<b>DECEMBER</b>	<b>Ch-11 Transportation in Animals and Plants</b>
<b>JANUARY</b>	<b>Ch- 11 Transportation in Animals and Plants (Contd)</b>
<b>FEBRUARY</b>	<b>Revision</b>

### **SUBJECT - COMPUTER**

<b>APRIL</b>	<b>INTERNET</b>
<b>MAY</b>	<b>COMPUTER VIRUS</b>



<b>JULY</b>	CHAPTER 3- CHARTS IN EXCEL
<b>AUGUST</b>	CHAPTER 2- EXCEL AS A DATABASE
<b>SEPTEMBER</b>	CHAPTER 9- INTERNET SERVICES
<b>OCTOBER</b>	CHAPTER 9-INTERNET SERVICES(CONTD..) CHAPTER 10-ETHICS AND SAFETY MEASURES
<b>NOVEMBER</b>	CHAPTER 5 – MORE ON HTML 5
<b>DECEMBER</b>	CHAPTER 5 – MORE ON HTML5 (CONTD..)
<b>JANUARY</b>	PROJECT AND PRACTICAL FILE
<b>FEBRUARY</b>	REVISION

**SUBJECT - MUSIC(VOCAL)**

APRIL	Raag Malhar Yaman Sargam Geet
MAY	Knowledge of Indian Musical Instruments Advance Alankars
JULY	Aao Gurudev ( Guru Bhajan ) Shri Radhe Govinda Bhajan ( KrishnaBhajan )
AUGUST	Patriotic Song – Hum Bharat ke Swabhiman Hai
SEPTEMBER	RaagYaman- Aaroh, Avroh , Pakad , Drut Khayal wih simple elaboration and tans in the raag .
OCTOBER	Motivational Song – Manavta ke Man Mandir mein .
NOVEMBER	Sikkimese Folk Song
DECEMBER	Biography of Pt. Bhimsen Joshi (Special reference to his contribution in Indian classical music ) .
JANUARY	Patriotic Song :”Dhanya –Dhanya He Bharat Mata” Revision of all Songs
FEBRUARY	Saraswati Vandana Geet : “Vaani Kala Roopini “ Evaluation and Grading of Students Performance

## SUBJECT-MUSIC(INSTRUMENTAL)

<u>APRIL</u>	<ul style="list-style-type: none"> <li>• Advance Alankaars of Indian Classical music.</li> </ul>
<u>MAY</u>	<ul style="list-style-type: none"> <li>• Notation of Sargam geet with Taal- Raghu Pati Raghav.</li> </ul>
<u>JULY</u>	<ul style="list-style-type: none"> <li>• Patriotic songs notations with Taal- Sarey Jahan Se Acha.</li> </ul>
<u>AUGUST</u>	<ul style="list-style-type: none"> <li>• Introduction of Raag Bhopali.</li> </ul>
<u>SEPTEMBER</u>	<ul style="list-style-type: none"> <li>• Composition of Raag Bhopali with Sthaai ,Antra &amp; Taans.</li> </ul>
<u>OCTOBER</u>	<ul style="list-style-type: none"> <li>• Notation of Sargam geet- Tvam hi no neta .</li> </ul>
<u>NOVEMBER</u>	<ul style="list-style-type: none"> <li>• Raag Yaman &amp; Raag Bhopali with Sthaai ,Antra &amp; Taans with Tabla in 16 beats.</li> </ul>
<u>DECEMBER</u>	<ul style="list-style-type: none"> <li>• Dhun in Raag Pahadi with Taal.</li> </ul>
<u>JANUARY</u>	<ul style="list-style-type: none"> <li>• Notation of – National Anthem.</li> </ul>
<u>FEBRUARY</u>	<ul style="list-style-type: none"> <li>• Revision of previous lesson with all the instruments.</li> </ul>

## SUBJECT- DANCE

Term	Month	Syllabus
I	April- May	<ul style="list-style-type: none"> <li>*Warm Up Exercises</li> <li>*Double Hand Mudras(Samyukta Hast Mudras)</li> </ul>
	July	<ul style="list-style-type: none"> <li>*Introduction Of Latin Salsa With Basic Steps</li> <li>*Basic Introduction Of NAVRAS</li> </ul>
	August	<ul style="list-style-type: none"> <li>*Theory Of NAVRAS With Examples. And Activity On Expressions.</li> <li>*Steps Of Latin Salsa</li> </ul>

	September	*TECHNICAL ITEMS –  A)KAVITVAS  IN KATHAK STYLE
II	October  November	*TECHNICAL ITEMS –  A)TIHAIS  B)TODA AND TUKDAS  C) KAVITVAS  IN KATHAK STYLE.
	December	*Tarana In Kathak Style.
	January	*CONTINUATION OF Latin Salsa  *Techniqals Of Kathak Items  * Tarana
	February	Recapitulation Of All The Items Learnt Throughout The Year.

## **SUBJECT - ARTS**

<b>Month</b>	<b>Topic</b>	<b>Description</b>
April/May	Elements of art	Line, colour, value, texture, shape and space
July	Still life	Shapes in objects , many forms multiple shadows, simple compositions in different styles

August	Natural forms	Leaves and flowers, grass strokes, plants and trees, mountains and water bodies
September/October	Animals and Birds	Animals, birds, fish, reptiles, insects
November	Human Figure	Face and features, human face, human hands, study of feet, human figure, portrait making
December	Huts and houses	Muddy house, cottage, buildings, street scene, lotus temple
January	Exploring art Fun and Fiction	Knife painting, spray painting, tie and die, sketch painting Caricature and characterization
February	Creative craft Rangoli	Collage, paper craft, photo frame, finger puppet, paper flask

## **SUBJECT- VALUE EDUCATION**

BOOK: GARDEN OF LIFE

<b>MONTH</b>	<b>SYLLABUS</b>
<b>MONTH</b>	<b>SYLLABUS</b>
April-May	L-1a and 1b Cultivation of Values
July	L-2a and 2b True Friendship
August	L-3a and 3b Happiness

September	L-4a and 4b Do your Best, Leave the Rest
October - November	L-5a and 5b Learning from Oneself L-6a Human Life-Humane Life
December	L-6b Human Life-Humane Life L-7a India's Contribution to the World
January	L-7b India's Contribution to the World L-8 Nature-our Friend
February	Revision

## **SUBJECT- PHYSICAL EDUCATION**

### APRIL-MAY

1. Warming up
2. Surya Namaskar
3. Mandukasana
4. Markatasana
5. Bhujangasana
6. Marjaryasana
7. Shashankasana
8. Dhanurasana
9. Exercises for Abdominal muscles
10. Exercises for Back muscles
11. Exercises for Quardiceps muscles
12. Exercises for Hamstring muscles
13. Exercises for Calf and Shin muscles
14. Kapalbhati Pranayama

15. Anulom-Vilom Pranayama
16. Meditation
17. Module upload

## JULY

1. Mudras based of five elements
2. Module upload

## AUGUST

1. Warming Up
2. Exercises for Leg Muscles
3. Module upload

## SEPTEMBER

1. Warming up
2. Setubandhasana
3. Shalabhasana
4. Meditation
5. Module upload

## OCTOBER

1. Line formation- single line formation and double line formation,Stand-at-ease,attention,warming up,stretching exercises, jumping exercises
2. Mass P.T(Calisthenics, clapping exercises and jumping exercises)
3. Skills of Cricket
4. Tadasana
5. Vrikshasana
6. Anulom-Vilom pranayama
7. Meditation

## NOVEMBER

1. Line formation- single line formation and double line formation ,Stand-at-ease, attention, warming up, stretching exercises , jumping exercises
2. Mass P.T(Calisthenics, clapping exercises and jumping exercises)
3. Skills of Cricket
4. Athletic Events

5. Surya Namaskar
6. Bhujangasana
7. Dhanurasana
8. Kapalbhati Pranayama
9. Meditation

## DECEMBER

1. Line formation-single line formation and double line formation, Stand-at-ease, attention, warming up, stretching exercises , jumping exercises
2. Mass P.T(Calisthenics, clapping exercises and jumping exercises)
3. Skills of Cricket
4. Athletic events
5. Naukasana
6. Shalabhasana
7. Anulom-Vilom Pranayama
8. Meditation

## JANUARY-FEBRUARY

1. Line formation- single line formation and double line formation, Stand-at-ease, attention, warming up, stretching exercises, jumping exercises
2. Mass P.T(Calisthenics,clapping exercises and jumping exercises)
3. Skills of Cricket
4. Athletic events
5. Surya Namaskar
6. Trikonasana
7. Veeraasana
8. Setubandhasana
9. Uttanpadasana
10. Naukasana
11. Kapalbhati Pranayama
12. Meditation



## SUBJECT-SANSKRIT

अप्रैल	संस्कृति: :- पाठ १ - वार्तालाप: , व्याकरण - संस्कृत अनुवाद , चित्र वर्णन ।
मई	पाठ ९- स्वादिष्टम् भोजनम् संस्कृत व्याकरण मणिका :- अपठित गद्यांश , चित्र वर्णन , संस्कृत अनुवाद शब्द रूप - बालकवत् , लतावत् , फलवत् धातुरूप - अस् , गम् , चल् , रक्ष् , भू (लट् , लृट् एवं लङ् लकार में )
जुलाई	पाठ - १० मम दिनचर्या व्याकरण - अव्यय शब्द (एक से पंद्रह तक) , संस्कृत अनुवाद शब्द रूप - अस्मद् , युष्मद् सर्वनाम शब्द । धातु रूप - कृ , दृश् (लट् , लृट् एवं लङ् लकार में )
अगस्त	पाठ २ - लङ् लकार: प्रथमपुरुष: व्याकरण - अपठित गद्यांश , चित्र वर्णन , संस्कृत अनुवाद , संख्या ( १-२० )
सितम्बर	व्याकरण - तत् , किम् सर्वनाम शब्द (तीनों लिंगों में) सन्धि :- स्वर सन्धि , दीर्घसन्धि , पुनरावृत्ति लङ् लकार: प्रथमपुरुष: , संख्या ( १- ३० )
अक्टूबर	पाठ ३ - लङ् लकार: मध्यम: पुरुष: , व्याकरण - अस् धातु (लट् , लृट् एवं लङ् लकार में ) संस्कृत अनुवाद ।
नवम्बर	पाठ ४ - लङ् लकार: उत्तम: पुरुष: , व्याकरण - अपठित गद्यांश , चित्र वर्णन , संस्कृत अनुवाद , अव्यय शब्द ( एक से बीस )
दिसम्बर	पाठ ६ - सुमधुरा: श्लोका: , व्याकरण - संस्कृत अनुवाद ।
जनवरी	पाठ ७ - प्रत्यय प्रयोगा: ( क्त्वा , ल्यप् , तुमुन् प्रत्यय ) व्याकरण - अपठित गद्यांश , चित्र वर्णन , अशुद्धि संशोधन ।
फरवरी	पुनरावृत्ति



